UCSF
Newsbreak

News for the UCSF Campus Community VOL. 13, NO. 3 JANUARY 30, 1998

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Imaging may allow early and accurate Alzheimer's diagnosis

By JAMES LARKIN

A precise diagnosis of Alzheimer's disease can be made only after the progressively deteriorating mental affliction claims a patient and an autopsy is performed. Tests and observations currently used to track a patient's behavioral changes and decline are still, at best, educated guesses.

New research suggests that by using non-invasive magnetic resonance imaging (MRI), doctors can examine two alterations in the brain's hippocampus, the center of memory and cognitive thinking, and use the results to increase the likelihood of an early diagnosis of Alzheimer's.

Study findings are reported in the December issue of the journal Neurology. Michael W. Weiner, director of the magnetic resonance unit at the San Francisco Veterans Affairs Medical Center and a professor of medicine, radiology and psychiatry at UCSF, headed the research team.

The researchers used MRI to track the presence of amino acid N-acetyl asparate (NAA), which is contained in neurons in the brain's hippocampus and whose function is unknown, and to measure the volume of hippocampal tissue.

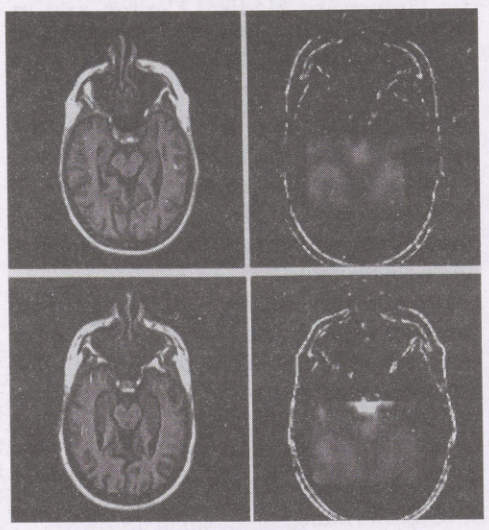
Using these two methods of evaluation, the research team was able to correctly classify 90 percent of patients suspected of having Alzheimer's and 94 percent who did not have the disease. When used separately, neither hippocampal NAA tracking nor volume measurements could correctly classify more than 80 percent of Alzheimer's patients or 75 percent of patients in the unaffected group.

The tests were conducted on a sample population of 29 patients. Twelve patients (8 women, 4 men ranging in age from 55 to 82) had previously been diagnosed as having mild to moderate impairment from Alzheimer's disease, and 17 patients of similar age and sex had no impairment. All were recruited from the UCSF and the UC Davis Alzheimer's Centers.

Weiner noted that studying the hippocampus using MRI technology is particularly encouraging because it is linked to early Alzheimer's diagnosis.

Previous research using other methods to examine the size of the hippocampus to diagnose the disease had been useful only in the latter stages of the disease, when tissue atrophy is severe.

"Alzheimer's is a disease in which neurons die and the glial, or supporting cells, proliferate" said Weiner. "It's like a lawn with good grass. It dies and is replaced by weeds."



Weiner and his colleagues determined in their study that significant losses of NAA occurred in Alzheimer's subjects independent of the volume measurement of the hippocampus. NAA and volume were significantly lower for Alzheimer's patients compared to those without the disease.

The research team cautions against using the study conclusions in clinical applications at this time because of the small population sample and the many unknowns that still exist about the disease. Weiner said a study using many more people is under way.

(See **MRI** on page 8)

Attack changes Epstein's scientific outlook, but not commitment

By PAULA MURPHY

In the last four years, as he's lent his talents and reputation to galvanizing a world-class genetics program at UCSF, Charles Epstein has spoken very little about what most people now know him for. The 13th target of the Unabomber, Epstein waited until last Friday, the day after the man who tried to kill him was sentenced to life behind bars, to make his first public comments on his experience and his thoughts about Theodore Kaczynski.

Tom Wachs

Epstein, surrounded by his family, speaks out for the first time on the Unabomb attack that changed his life.

Epstein, professor of pediatrics and director of the Genetic Counseling Clinic, described Kaczynski as evil personified at a press conference at UCSF Friday. Epstein said he was happy there was a resolution and was satisfied with the plea bargain, in which Kaczynski admitted his guilt and accepted a life term in prison with no chance of parole.

However, he does not have much sympathy for the man who tried to kill him and 28 others, succeeding three times. "Theodore Kaczynski is the personification of evil, he is manipulative to the extreme and he is a coward," Epstein said.

In an interview Monday, Epstein also revealed that the attack has affected his outlook on genetics and said he is more aware of how the public perceives, and sometimes distorts, scientific advances.

"Having this happen to me and having decided that it happened because I was a geneticist... I certainly became very conscious of just how careful we as scientists need to be about what we tell people we can do, what we tell people we are doing, what we promise and how we go about managing our own business," Epstein said.

On June 22, 1993, Epstein opened a manila package the size of a video cassette that his 18-year-old daughter, Joanna, had left for him on the kitchen table. The package, delivered to his Tiburon home, had a return address from a Cal State chemistry professor previously unknown to Epstein. The

(See **Epstein** on page 7)

UC Regents to study UCSF/BALSA partnership

By SARAH ELLIOTT

UCSF administrators, calling a partnership with Bay Area Life Sciences Alliance (BALSA) integral to the development of the Mission Bay campus, will ask UC Regents at their March meeting for authorization to formalize the relationship.

At the first Regents meeting of 1998, Chancellor Haile Debas, in tandem with BALSA board member Robert Burke, petitioned the finance committee to consider forming a limited liability company between BALSA and the University. Debas said the main objective of this proposed public organization would be to "support, benefit and further the scientific and educational purposes of UCSF." To this end, BALSA would aid the University by providing the initial working capital, develop fundraising campaigns, and, when requested by the University, manage the design, construction and/or financing of buildings on the Mission Bay campus. The proposed organization would also promote the campus to third-party research organizations, launching it as a vital and magnetic force in the field of research, "much like Stanford was the catalyst for Silicon Valley," voiced Debas.

BALSA, a nonprofit public benefit corporation formed expressly to promote life sciences and biotechnology in the Bay Area, played a crucial role in the creation of Mission Bay, donating time and financial resources at no cost to the University. In the interest of building an exceptional campus expeditiously, both parties seek to bind the relationship with an operating agreement.

"With the time and attention and expertise in San Francisco development contained within BALSA, we believe the Mission Bay campus can be developed much more quickly with BALSA's assistance than if we had to rely simply on campus resources," said Bruce Spaulding, Vice Chancellor of University Advance-

(See **Regents** on page 8)

New book offers advice to women who "want it all"

By ABBY SINNOTT

Juggling careers and relationships can be an exhilarating and often exhausting task for women, says a UC San Francisco psychiatrist.

In a new book, *Dilemmas of a Double Life: Women Balancing Careers and Relationships*, Nancy B. Kaltreider, UCSF professor of clinical psychiatry, and fifteen other professional women analyze the life options, issues and conflicts they experience as therapists, academics, businesswomen, and most significantly, as people who juggle priorities at home and in the workplace.

The book is written for women of all ages because its authors discuss the major decisions at each life phase, ranging from a woman's early career decisions to her senior management position. Other topics include dual career relationships, pregnancy, parenting and work place skills.

Kaltreider

"The book explores the complexity of managing relationships and careers," says Kaltreider, who is the director of both the Program for Women and the Medical Student Education Program at the UCSF Langley Porter Psychiatric Institute. "There are no obvious answers for a woman who wants it all; if one loves her work and her family, then she will always experience conflict."

Although each woman has her own approach to managing her daily life, Kaltreider says it is extremely helpful to set clear priorities about work and family and to avoid pursuing both of these with the same intensity at the same time.

She adds that many of the women who do overburden themselves with work and family responsibilities suffer from fatigue and stress-related illnesses because they often neglect their own personal needs.

"Women are socialized to exist in a relational context," said Kaltreider. "For example, when a woman is at work, she is often still thinking about her personal relationships and family responsibilities at home."

With a more gender-diversified work-

(See **Women** on page 7)

Make Daybreak your first web choice

Too busy to sign on to Daybreak — UCSF's electronic daily — each day? By following the steps below you can make it faster and easier to get to the source of UCSF news, features, personalities and sports.

Using Netscape Navigator:

- Open web browser
- Go to pull-down menu "Options"
- Select "General Preferences"
- On "Appearance" menu, find "Browser Starts With" and click radial button next to "Home Page Location"
- Type: http://www.ucsf.edu/daybreak/
- Click "OK"

Using Microsoft Internet Explorer:

- Open web browser
- Go to http://www.ucsf.edu/daybreak/
- Go to pull-down menu "Edit"
- Select "Preferences"
- Find ""Home/Search Page"
- Under "Change Address" click "Use Current"
- Click "OK"

Hittelman Retires

Associate Vice Chancellor Karl Hittelman has announced his retirement effective January 30, 1998. Hittelman, who has been with the office of the vice chancellor, Academic Affairs, since February 1980, has decided to seek "a more harmonious balance between professional activities and personal pursuits."

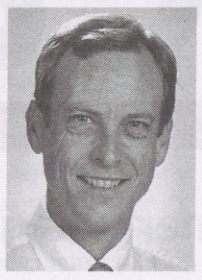
As associate vice chancellor, Hittelman has had responsibility for administration of research affairs, including research policy, integrity in research, contracts and grants, research subject and environmental protection committees, intellectual property matters and conflicts of interest. Most recently he has been overseeing the Research Administration Project, a major campuswide effort to implement a new model for research administration at UCSF.

Hittelman has also very effectively represented the campus at the state and national level in the area of research policy. Among his activities, he was a member of the National Commission on Research Integrity, the Board of Directors of the Council on Governmental Relations, and he chaired the University's Council of Vice Chancellors for Research.

Hittelman, who received his PhD in Physiology from UCLA, came to UCSF from the University of Massachusetts, where he was associate professor of biochemistry and served in the administration of the School of Medicine.

UCSF-Fresno associate dean Blossom to tackle new challenges

H. John Blossom, associate dean of the UCSF-Fresno Medical Education Program since 1992, announced his resignation effective July 2.


Blossom

Blossom will remain with the Fresno program as professor of clinical family and community medicine and will lead new primary care and community-oriented programs that are being established.

Chancellor Haile Debas, who also is dean of the UCSF School of Medicine, praised Blossom for his accomplishments and said his expertise in family and community medicine will be invaluable to the program and of service to all residents of the Central San Joaquin Valley.

"Dr. Blossom is a visionary and I am confident he will keep the University on the cutting edge in the extremely important area of training our physicians to provide the best quality primary care that is available anywhere," said Debas.

In his new role, Blossom plans to explore the possibility of establishing a primary care/psychiatry residency program and developing new educational activities in preventive medicine and epidemiology.

"I'm looking forward to the challenges this new opportunity will present, both from a professional and a personal standpoint," said Blossom.

Blossom's involvement with the UCSF School of Medicine is in its third decade, beginning in 1970 when he earned his medical degree at UCSF. He served his residency in family practice at the then-Valley Medical Center, now the University Medical Center, and in 1973 was named chief resident of the family practice department.

From 1974-76 Blossom served as medical director of the Firebaugh-Mendota Health Center. He then was appointed family practice residency program director at Valley Medical Center, a post he held until being named to his current position as associate dean.

In the UCSF-Fresno program, Blossom founded the Selma and Sequoia resident training sites and co-founded the Alzheimer's Disease Center and the Latino Center for Medical Education and Research.

He is the author of dozens of articles which have appeared in publications across the United States. Blossom has been certified by the American Board of Family Practice four times over the last 20 years and was recipient of the Patient Care Magazine award for "outstanding health education curriculum" and the Society of Teachers in Family Medicine national award for "innovation in education."

Appointments

Alice Trinkl: Appointed news director for the UCSF campus. Alice will be responsible for managing the news and communications programs for the four schools and the graduate division at five UCSF sites including Parnassus, Mount Zion, SFGH, the VA Medical Center and Fresno. She will also be responsible for managing the public information campaigns for the Mission Bay and Parnassus campus enterprises as well as the clinical programs of the UCSF-Stanford merger. Alice has worked for News Services within the office of Public Affairs since 1982 in a variety of positions, both at Parnassus and San Francisco General, covering such programs as AIDS, including the baboon bone marrow transplant and the launch of the AIDS Research Institute; the Gladstone Institutes, including the dedication of the virology institute; Ob/Gyn; psychiatry; radiology; and fetal surgery. She was named manager of UCSF News Services at SFGH in 1993, and for most of the last year has been acting as marketing coordinator for the Community Health Network, a health care provider group for UCSF, SFGH, the SF Department of Public Health and its community health centers.

Trinkl

"We have an outstanding professional staff in the news office that I am proud to have been part of for the past 15 years," Trinkl said. "I am honored and excited to accept the appointment as News Director at this challenging time in the University's history as its faces two major initiatives — the Stanford/USCF merger and the development of the Mission Bay campus."

Previously Trinkl worked in St. Louis as director of public information for the county, and as director of public relations at Maryville College. She attended Stanford University and received a BA in journalism from the University of Oklahoma and a certificate in marketing from UC Berkeley extension.

Honors & Awards

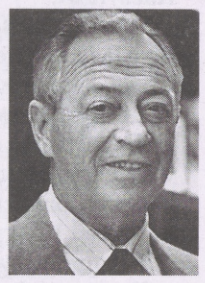
Shaun Coughlin, associate professor of medicine: Awarded as co-recipient of the American Federation of Medical Research Outstanding Investigator Award.

W. Lawrence Drew, professor in residence at UCSF Mount Zion Medical Center: Elected to fellowship of the American Academy of Microbiology, the only honorific leadership group devoted to microbiologists and microbiology. More than 1,300 Academy fellows from more than 27 countries have been elected, each demonstrating scientific excellence, originality and leadership; high ethical standards; and scholarly and creative achievement. The fellows represent all areas of microbiology, including basic and applied research, teaching, public health, industry and government service.

The mission of the Academy is to recognize scientists for distinguished achievements in microbiology and provide microbiological expertise in the service of science and the public.

Brian Grady, urology resident: Elected president of the California Medical Association-Resident Physician Society. He served as vice president of the organization last year, and has represented California residents at the CMA and the AMA since starting residency in 1994.

Julius R. Krevans, chancellor emeritus: Elected to the CDC Foundation board of directors. The CDC Foundation is an independent, not-for-profit corporation dedicated to creating public-private partnerships to promote the vision of the Centers for Disease Control and Prevention (CDC): "Healthy people in a healthy world — through prevention." The Foundation's role is to seek support for three general purposes: enhancing CDC's ability to attract talented scientists and leaders; providing philanthropic investments for research and community programs; and encouraging sound public health policies.


Krevans

Arthur Weiss, chief of rheumatology: Awarded the Lee C. Howley Sr. Prize for Arthritis Research from the Arthritis Foundation for his important studies identifying key elements that lead to inflammation and autoimmune diseases. "Weiss' studies have broad relevance to autoimmunity, immunodeficiency and the development of new immunomodulatory therapies for some types of arthritis and autoimmune diseases," said David A. Fox, Arthritis Foundation.

"Weiss discovered key elements that activate white blood cells called T-cells in the inflamed tissues in joints of patients with rheumatoid arthritis. These cells also are present in tissues and lymphoid organs of those with other autoimmune diseases, including lupus, polymyositis, and certain types of blood vessel inflammation," said Fox.

The Lee C. Howley Sr. Prize for Arthritis Research, a memorial tribute to Lee C. Howley Sr., former chairman of Revco Drug Stores Inc., recognizes researchers whose recent contributions have represented a significant advance in the understanding, treatment or prevention of arthritis and rheumatic diseases.

Karen Preuss

Dean George Kenyon presented awards at a Jan. 14 ceremony to Kent Kirshenbaum and Shawn Kanehira, this year's recipients of the Frank M. Goyan Award.

Top students earn Goyan Award

The Goyan Award recognizes students who exhibit superior academic performance in Physical Chemistry and Physical Pharmacy. Shawn Kanehira was selected for her outstanding performance in Chemistry 115 and 116. She was ranked at the top of her class.

Kent Kirshenbaum, a graduate student in professor Ken Dill's laboratory, was selected for his work on the synthesis of longer chain polymers of peptoids.

The Frank M. Goyan Endowment Fund was established in 1992 by Richard Johnson and Larry Fischer, both 1965 graduates of the School of Pharmacy, in honor of their professor. The endowment fund has grown through generous contributions of the many friends of Goyan, inventor of the pH meter. During his 44 years at UCSF, "Uncle Frank" Goyan's generosity and interest in the education and welfare of his students was legendary, as he often opened his Haight-Ashbury apartment, and even loaned money, to them.

Private Support

UCSF is pleased to acknowledge the following gifts/pledges of $25,000 or more from individuals, corporations and foundations received January 4-17, 1998.

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$500,000 - $999,999
The John A. Hartford Foundation

$250,000 - $499,999
Cap Cure
The Robert Wood Johnson Foundation
Medtronic Inc.

$100,000 - $249,999
Brugger Corporation
Dr. and Mrs. Hubert A. Brugger
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The Bright Family Foundation
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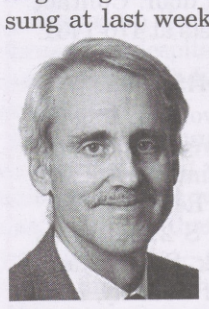
Van Etten calls Mount Zion a model for UCSF Stanford Health Care organization

By SARAH ELLIOTT

UCSF Mount Zion has long been regarded as the hospital with heart. News of the UCSF Stanford merger prompted concerns that its "culture of caring" would be subverted within this larger organization. Judging by the praises sung at last week's annual medical staff meeting at Mount Zion, those fears were unfounded



Van Etten

"We are trying to replicate throughout the organization what you have achieved here. The rest of the organization needs to learn from you," said Peter Van Etten, president and CEO of UCSF Stanford Health Care, addressing a roomful of physicians.

Mount Zion's associate dean, Ernest Ring, said, "It is the patient focus which is so truly remarkable about this hospital" and cited the recently approved ambulatory cancer center as a great opportunity to "extend that culture of caring."

Isaac Stein, chairman of UCSF Stanford Health Care's 17-member board of directors, explained the reasoning behind the merger. "The reality of the medical marketplace is such that if you want to ensure the long-term survival of academic medicine, it is critical to be more effective in the use of resources.... There is a lot of needless duplication in a medical arms race between institutions."

Speaking to Mount Zion's unique situation, where the physician make-up is shared between faculty and community doctors, Stein admitted, "There are always going to be issues that that presents." Stein explained that while most academic medical centers attempt to compete with community physicians by creating a huge network of owned primary care and secondary care facilities, UCSF Stanford is taking a different path. "A lot of people have invested a lot of money in proving that they don't have a clue how to deliver that kind of medicine. We have community physicians who are already aligned with the institution that are doing an excellent job of providing that care. For the University faculty to go into competition with those groups is counterproductive."

Hospital director Marty Diamond was hopeful about Mount Zion's future role. "Bringing together the capabilities of UCSF and Stanford...provides us with the potential for creating great educational programs, new opportunities for stimulating collaborative research and a framework for becoming powerful in the marketplace."

Chancellor Haile Debas hailed the staff for "maintaining not only the great excellence of this hospital but also its heart." Debas also spent a few moments detailing the developments of "historic proportions" that have occurred on his watch — referring to the merger as the "crowning achievement."

On the subject of capital improvements, Van Etten assured the staff that seismic upgrades will be completed, and other needs, such as the recovery room, are being considered in an institution-wide study.

CAG welcomes new members, new goals

UCSF Chancellor Haile T. Debas appointed 34 representatives to UCSF's Community Advisory Group (CAG) and asked the newly assembled group to help the campus put into effect an ambitious long-range plan to reinvest in existing campus sites and to build a major new site at Mission Bay.

CAG is composed of members drawn from neighborhood, ethnic, business, labor and other groups interested in planning issues. UCSF formed the group in 1992 as part of a commitment to involve a broad representation of citizens in the University's planning process.

The original CAG members helped the campus set goals eventually incorporated into UCSF's Long Range Development Plan, approved last year by the UC Board of Regents. The LRDP led to the selection of the new Mission Bay site and a commitment to reinvest in existing sites.

"The original CAG, with faculty and staff, labored and negotiated for five years to produce the LRDP's goals and objectives, which cover many areas impacting the community, including building design, transportation, and employment," said charter CAG member Gloria Bonilla. "We are now entering a new phase, moving from planning to action."

Debas credited CAG for helping to shape a long-range plan that serves the community and the campus, and he charged the group with helping the campus implement the plan over the next 15 years.

The next CAG meeting is scheduled March 30 at 6:30 p.m. at Laurel Heights. The public is invited to attend.

—Bill Gordon

Members of the new CAG

Dennis Antenore — City Planning Commissioner
Ray Antonio — Head of Transport Workers Union
Eila Arbuckle — Redevelopment Agency Economic Development Dept.
Steve Arcelona — Executive Director, Private Industry Council
Sue Bierman — SF Supervisor
Gloria Bonilla — Executive Director, Centro Latino
Janet Carpinelli — Lower Potrero Hill Assn.
Anne Cervantes — architect; SPUR board; Hispanic Chamber of Commerce; Society of Hispanic Architects, Planners and Engineers; Mexican Museum Board
Gordon Chong — American Institute of Architects
Essie Collins — resident and business person, Western Addition
John Corsiglia — Laurel Heights Improvement Assn.
Craig Dawson — Inner Sunset Merchants Assn.
Phil DeAndrade — President, Potrero Hill Merchants Assn.; Resident, Mission Creek
Suzanne Goldstein — Public Policy Director, SF Chamber of Commerce
Bob Isaacson — resident, Mission Creek; President, Mission Creek Conservancy
Agar Jaicks — resident, Parnassus Heights, SF Human Rights Commission
Elaine Johnson — Coordinator, Biotech prep program at City College; PhD biology
Walter Johnson — Secretary-Treasurer, SF Labor Council
Beatrice Laws — resident, Parnassus Heights
Toby Levy — resident, South Park; SB/Rincon CAC; South Park Improvement Assn.
Enola Maxwell — Exec. Director, PH Neighborhood House
Dick Millet — President, Potrero Hill Boosters Neighborhood Assn.; Mission Bay Citizens Advisory Committee
Toye Moses — Exec. Director, Southeast Community Facility
Andy Nash — San Francisco Tomorrow
Ruth Passen — Asst. Director, PH Neighborhood House
Norman Pearce — owner, Pier 40 Roastery and Café; South Beach Citizens Advisory Committee
Gladys Sandlin — Exec. Director, Mission Neighborhood Health Center
Paul Sherrill — SOMA architect; resident, Potrero Hill; BALSA design competition jury
Rickard Skaff, Access Coordinator, City and County of SF
Dorris Vincent — resident, Bayview Hunters Point; Third Street Rail Community Advisory Group; BVHP Redevelopment Project Area Committee
Oscaryne Williams — Director, Potrero Annex Infant Care; staff, Economic Opportunity Council
Evelyn Wilson — Coalition of SF Neighborhoods
Corinne Woods — resident, Mission Creek; member, Bay View Boat Club
Anna Yee — Exec. Director, SOMA Problem Solving Council; Chair, Mission Bay Citizens Advisory Committee

MEDICAL CALL BOARD

Coping skills for HIV infected men

The Changes Project, a UC San Francisco program designed to find the best way to help HIV-positive gay men master the new challenges of living with HIV disease, is recruiting participants.

The project, which began officially in March 1997, is conducting a study of how HIV-infected gay men are making decisions and dealing with the many changes in their lives. These include decisions about taking the new combination therapies and the positive, but often stressful, concerns about returning to the work place.

The study, which will pay participants $90 to $120, will enroll 300 participants with the goal of learning how these men make productive decisions, focusing on the strategies they use for self-empowerment. The UCSF researchers will examine the effects of stress and coping strategies on mood, burnout, personal growth, adherence to drug regimens and use of the health care system. The findings from the study will be used to develop health care guidelines for HIV-positive gay men, their health care providers and their communities.

The Changes Project is for gay, HIV-infected men who are experiencing stress, have free floating anxiety, side effects from medical treatments, financial concerns related to disability or any other stressful issues. Participants should be 21 years or older, have a CD4 count greater than 50 cells per milliliter of blood, and be willing to remain in the Bay Area for the next 12 months.

Participants will be assigned to one of three "arms" of the study. One-third of the participants will receive periodic phone calls and will be asked about HIV-related concerns and will attend a series of three short workshops. One-third will receive a three-month weekly skills-building course followed by a series of frequent booster mastery sessions. One-third will receive the same three-month weekly skills-building course followed by fewer booster mastery sessions.

The Changes Project is directed by the UCSF Center for AIDS Prevention Studies (CAPS), which is a program of the UCSF AIDS Research Institute. The principal investigator for the study is Margaret Chesney, UCSF professor of medicine and co-director of CAPS.

For more information call 597-9169 or Derek Aspacher at 597-9141.

Women's health studies

Specialists in women's health at UCSF are seeking participants for two clinical research projects for women with benign tumors of the uterus, known as fibroids, and/or excessive menstrual bleeding.

Both projects are part of the "MS Study" (medicine or surgery). One project is known as the hysterectomy techniques trial, which will compare the effects of total versus partial abdominal hysterectomy in women with uterine fibroids.

Partial hysterectomy may result in lower risks of wound infection and urinary tract injury compared to a total hysterectomy because a woman's cervix is left in place during the operation, says Lee Learman, UCSF principal study investigator.

"There are suggestions that women who undergo partial hysterectomies may have better sexual functioning and pelvic muscle support than women who have total hysterectomies," says Learman, who is an assistant professor of obstetrics, gynecology and reproductive sciences. He adds that there is a lack of research in this area of women's health.

Women will be eligible for this clinical project if they meet the following requirements:

- Premenopausal.
- Over 30 years of age.
- Experience symptomatic uterine fibroids (bleeding, pressure, or pain in the uterus).
- Are scheduled to undergo a hysterectomy.

The second project examines commonly used medical treatments versus hysterectomy among women nationwide who experience heavy uterine bleeding. No experimental medications or procedures are tested.

Researchers are looking for a total of 2,700 participants nationwide. Women who meet the following requirements qualify for this study:

- Between 30-50 years of age.
- Experience heavy or prolonged menstrual bleeding, with or without uterine fibroids.
- Have completed a previous three- to five- month progestin cycle or are willing to enroll in a three- to five-month progestin regimen (non-estrogen compounds available).

The "MS Study" is a multicenter project being carried out at four sites: UCSF, UC San Diego, University of Alabama in Birmingham and University of Tennessee in Memphis.

Those interested in obtaining more information should call 206-3634.

Men with hair loss needed

Men 21-45 years old are needed for a study to evaluate a new hair growth promoting product. They must be in good general health, and have dark hair that is thinning on top. The study will last for about nine months with eight visits during that time.

For more information, call 476-2572 or 476-3638 Monday through Friday, 8 a.m. to 4 p.m.

Poison Control's statewide poster contest helps children learn about prevention

By ALICE TRINKL

Every year, thousands of children under the age of five are the victims of accidental poisonings from a common household product. To help teach families about these potential hazards, the one-year-old California Poison Control System (CPCS) is sponsoring its first-ever poster contest for children of all ages.

"Our poster contest is a great way to educate children and parents about the importance of poison prevention safety," said Stuart E. Heard, executive director of the CPCS. "Our mission is to reduce the frequency of accidental poisonings by providing poison prevention education."

More than 2,000 California pharmacies are participating in the contest, in which nine prize winners will walk away with gift certificates of up to $200.

Contestants should submit bright posters illustrating the theme, "Children Act Fast, So Do Poisons." Artwork should be designed on 11-by-17-inch or 12-by-18-inch white poster paper, using watercolor, acrylic or crayon. Entries must be received by the CPCS by Monday, February 23.

Awards will be made in three age categories: five to 11 years; 12 to 14 years; and 15 to 18 years. A panel of judges will select three winners in each category, awarding first-, second- and third-place prizes of $200, $100 and $50, respectively.

Winners will be announced National Poison Prevention Week, March 15 to 21. Winning posters will be submitted to the 1999 National Poison Prevention Week poster contest.

Children can obtain copies of the contest rules and guidelines from one of these participating pharmacies: Rite Aid (Thrifty/Payless Drug Stores); American Stores Co. (Sav-on in Lucky's and the Sav-on stores); Longs Drug Stores, Inc.; Costco; Safeway, Inc. (Vons Food and Drug); Walgreen Co; Savemart Stores; Leader Pharmacies; Raley's; Valco Drugs; and Walmart Pharmacies.

For information, call the California Poison Control System Education Information Line at 1-800-582-3387.

Jan. 31-Feb. 13, 1998

31 Saturday

NEW BABY CLASS: UCSF Stanford Health Care is sponsoring *Surviving the First Two Weeks with a New Baby,* 6:30-9 p.m., ACC, 400 Parnassus Ave. Discuss newborn bathing, hygiene, diapers, diapering, crying, comforting, sleep and recognizing illness. Cost is $20 for one parent; $25 for two. Call 476-2078.

2 Monday

GROUND HOG DAY

UNITY IN THE COMMUNITY: In honor of Black Heritage Month, the UCSF Black Caucus presents *To Honor the Late Dr. Thomas N. Burbridge, a Visual Display*, noon-1 p.m., MedSci lobby, 513 Parnassus Ave. For more information, call 476-4410 or check the King Hotline at 502-KING.

OUTCOMES RESEARCH SEMINAR: The Institute of Health Policy Studies presents *Health Care Quality and Outcomes: Research and Application,* 1:45-3:30 p.m., 1388 Sutter St., 11th Floor, Seminar Room. Speakers Patricia Katz and Adams Dudley will discuss clinical process and outcomes. To RSVP call 476-4924.

3 Tuesday

FACULTY DEVELOPMENT SEMINAR: The School of Medicine Faculty Development series presents *Writing Better Multiple Choice Questions,* 8:30 a.m.-noon, U 70. David Swanson, an educational psychologist with the National Board of Medical Examiners, will be the presenter. In addition to the morning workshop, he will be giving a seminar on assessment of teaching at 3:30 p.m., S 170.

MEDITATION CLASSES: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences, noon-1 p.m., S 158. Free. Call 563-4459.

HEALTHY PREGNANCY CLASS: UCSF Stanford Health Care is sponsoring a class on childbirth and parenting through the Great Expectations for Women's Health Program, 6:30-9:30 p.m., ACC, 400 Parnassus Ave. Free. Call 476-0668.

4 Wednesday

BURBRIDGE COMMEMORATION: Freeman Bradley, Black Caucus Founder and UCSF Retiree, presents Dr. Thomas N. Burbridge Commemoration, noon-1 p.m., N 217. Sponsored by the UCSF Black Caucus. Call 476-4410.

BROWN BAG LECTURE: Margaret M. McNamara, assistant clinical professor at UCSF and chief of pediatrics at UCSF Mount Zion, presents *When to Call Your Pediatrician,* 12:10 p.m., HSW 300. Learn about common pediatric illnesses and what you can manage at home and when do you call the doctor. Free. Sponsored by Public Services Programs. Call 476-4394.

MUSIC IN THE LIBRARY: Millberry Arts & Performances presents an all-student recital featuring the Four Chamber Quartet from the School of Medicine, 5:30 p.m., CL Lange Reading Room, 5th Floor. Don't miss this free recital sponsored by the Sarah B. Childs Chamber Music Fund. Call 476-6932.

The Four Chamber Quartet gives a free recital in the Lange Reading Room.

WELCOME TO OUTDOORS UNLIMITED: An in-depth look at Outdoors Unlimited's resources and services, 7 p.m., OU Rental Center. Call OU at 476-2078 for more information.

5 Thursday

AGE AND INFERTILITY SEMINAR: The UCSF National Center of Excellence in Women's Health presents *The Biologic and Social Context of Maternal Age* seminar at UCSF Laurel Heights from 8:30 a.m. to 1:30 p.m. The event is designed to foster a multidisciplinary discussion on the complex relationship of cultural, economic, political, social, psychological, ethical, medical, and biological aspects of advanced maternal age and infertility. UCSF women's health experts will debate research on a woman's "biological clock." Topics include the biological aging process of a woman's egg, medical conditions that increase with age and affect a woman's fertility, and the pros, cons and possible outcomes of a woman's early versus delayed attempts at conception. The event is free and individuals of all disciplines are encouraged to attend. To register or for information, call 885-7273. Participants can also register by faxing 885-7393 or emailing ucsf-coe@itsa.edu. Please include your name, title, organization, mailing and email address, phone and fax numbers.

MOBILE MAMMOGRAPHY VAN: The UCSF van offers convenient breast cancer screening, 9 a.m.-3 p.m., UCSF/Lakeshore Plaza, 1501 Sloat Blvd. The exam costs $75 and takes about 20 minutes. Written or verbal approval from a doctor is required. Call 476-2193 for an appointment and for other dates and locations.

ENRICHMENT WORKSHOP: Henry Kahn, director, student health services, presents *Peak Performance: How to Get There and Stay There,* noon, N 217. The mental, emotional and physical demands on students require optimal energy levels and long-term strategies. If health professionals aren't 'well,' can the patient find prevention information credible? This workshop examines critical lifestyle choices and long-term motivation strategies. Call 502-2442.

COLE HALL CINEMA: Millberry Programs & Services presents *Seven Years in Tibet,* 5:45 & 7:45 p.m., Cole Hall. Rated PG-13. Tickets can be purchased at the door only. Box office opens 1/2 hour before showtime. One discounted ticket per ID only. Cost $2 child (14 & under); $2.50 UCSF students/MU members; $3 UCSF staff/other students; and $3.50 general public. Call 476-6932.

6 Friday

MOBILE MAMMOGRAPHY VAN: See 2/5 listing. Location is UCSF/Parnassus Ave., in front of the Library.

WELLNESS LECTURE: Denise Crundall, Reiki Master, presents *Reiki for People Facing Life-Threatening Illnesses,* noon, HSW 300. Crundall works primarily with people facing life-threatening illnesses, including AIDS. She will share her insights into the healing process. Sponsored by the Institute of Healing Arts & Sciences. Free. Call 584-4416.

BREASTFEEDING: UCSF Stanford Health Care sponsors a class on breastfeeding, 1:30-4 p.m., ACC, 400 Parnassus Ave. Learn about milk production, let-down, latch on, positioning, problem solving, pumping, milk storage, etc. Cost $20 for one parent; $25 for two. Call 476-0668.

COLE HALL CINEMA: See 2/5 listing. Showtimes are 6:30 & 8:30 p.m.

7 Saturday

FASHION SHOW & TRUNK SALE: The Hospital Auxiliary of the Medical Center and UCSF Stanford Health Care at San Francisco present *Splendor in Silk & Jade,* 11 a.m.-3:30 p.m., Radisson Miyako Hotel Imperial Room, Post & Laguna streets. Cost $50/65 preferred seating. Deadline for reservations: Feb. 4. Benefits Patients Amenities Projects Fund for 1998-99. Volunteer UCSF models include Jazmine Bergeron, Lisa Considine, Jennifer Dickman, Janet Dunlap, Brenda Henderson, J. Carolyn Jones, Kathleen Kane, Rosanne Rappazini and Bennetta Wagner. Call 476-4906.

BEGINNER SNOWBOARD CLINICS: Outdoors Unlimited offers clinics that are tailored for the absolute beginner, and are a great way to help you learn a new skill. Clinics will be offered Feb. 7-8 and Mar. 14-15. For pre-trip dates, call 476-2078.

UPCOMING EVENTS

Spring Training

Guest speaker Peter Magowan, the owner of the San Francisco Giants, presents "Spring Training for the Management Team," Feb. 19, 10-11 a.m in Toland Hall. Magowan is recognized as one of major league baseball's most progressive leaders and is credited with playing a critical role in keeping the Giants in San Francisco and gaining approval for a new ballpark. This event is open to the campus. Sponsored by the Academic Business Officers Group (ABOG).

Sexual harassment

The Office of Sexual Harassment Prevention & Resolution offers a two-hour presentation on same-gender sexual harassment, Feb. 19 noon-2 p.m., Toland Hall. Is this an issue at UCSF? Who is the harasser? Who is the target? Who chooses what is unwelcome or uncomfortable? Do the same standards and rules of sex discrimination and sexual harassment apply to everyone? Questions abound, indicating confusion and uncertainty and a need to increase our knowledge about handling these conflicts. Call 476-5186 or email: menefee@itsa.ucsf.edu.

Black Caucus gala

An evening of dinner and dancing at the annual UCSF Black Caucus Gala, Feb. 28, 7:30 p.m.-1 a.m., at the Marriott Hotel, Burlingame. Tickets are $50 and will not be sold at the door. Contact Jeanette Howard for tickets at 476-1461.

Lecture on relationships

Sobonfu Some, spokeswoman, Dagara Tribe of Burkina Faso, West Africa, presents "The Spirit of Intimacy: Ancient Teachings in the Way of Relationships," March 10, noon-1 p.m., S 214. In this warm and personal talk, Some examines the foundations of healthy, intimate relationships, weaving the connections between sensuality, spirituality and indigenous ways of resolving conflict. Free. Sponsored by the Women's Resource Center and Rape Prevention Education Program. Call 476-5222 or visit their website at http://itsa.ucsf.edu/~wrc.

Take Our Daughters to Work

Departments interested in offering one of the many programs for Take Our Daughters to Work Day, April 23, are urged to submit a program guide and outline to Katherine Riordan in the Office of Public Affairs, 476-0729, by Tuesday, Feb. 10. Please note that Public Affairs is requesting program information only at this time, and not registration information for girls hoping to participate. Sponsored by Public Affairs, the Chancellor's Advisory Committee on the Status of Women, the School of Dentistry Educational Support Services and the Women's Resource Center.

9 Monday

OUTCOMES RESEARCH SEMINAR: Patricia Katz, Institute of Health Policy Studies, presents *Health Care Quality and Outcomes: Research and Application,* 1:45-3:30 p.m., 1388 Sutter St., 11th Floor, Seminar Room. Katz will be discussing patient/population satisfaction. To RSVP call 476-4924.

DEAN'S SEMINAR: *From Bottle to Brain, Again and Again: The Neurobiology of Alcoholism,* N-225 from 3:30-5:00 pm. Cheryl Jay, Assistant Clinical Professor of Neurology will present the clinical portion of the seminar.

10 Tuesday

BLACK HERITAGE PANEL DISCUSSION: The Women's Resource Center presents *Black Women's Hair: Relaxed, Natural, Braids, Dreadlocks...It's All Good!"* noon-1 p.m., S 214. A discussion about the politics of Black women's hair as a social and political signifier in Black History. An animated satirical film by Ayoka Chenzira entitled *Hairpiece: A Film for Nappy Headed People* will be shown. Free. Call 476-5222.

MEDITATION CLASSES: Conducted by Brahma Kumaris Meditation Center and sponsored by the Institute of Healing Arts and Sciences, noon-1 p.m., S 158. Free. Call 563-4459.

BREASTFEEDING: See 2/6 listing. Class will be held 6:30-9 p.m.

11 Wednesday

BLOOD DRIVE: Donate blood 10 a.m.-3:30 p.m., MCB Conference Center. Stop by at your convenience. Any questions, call 476-6989.

BROWN BAG LECTURE: Verna C. Gibbs, associate professor of surgery at UCSF/VAMC, presents *Mighty Docs,* 12:10 p.m., HSW 300. Hear stories from three generations of African-American physicians. Free. Sponsored by Public Services Programs. Call 476-4394.

PRESENTATION: Nancy Mosser, executive and clinical director, Center on Deafness, presents *Cultural Sensitive Services for Deaf and Hard of Hearing Individuals,* 1-2 p.m., LPPI auditorium. Sponsored by the Department of Psychiatry Grand Rounds.

TUBERCULOSIS LECTURE: Glen Lillington, clinical professor of medicine, Stanford University and the Bay Area History of Medicine Club presents *Chasing the Cure: Tuberculosis Through the Ages,* 8 p.m., S 214. All are welcome. Call Nancy Whitten Zinn at 753-8483.

12 Thursday

LINCOLN'S BIRTHDAY

DEAN'S SEMINAR: *Teeth, Monsoons, & Earthquakes: An Apatite for Geology,* 12-1 p.m., C 701, postgraduate auditorium. Please bring your lunches; light refreshments will be served. Sponsored by the School of Dentistry. Free. Call 476-1323.

ENRICHMENT WORKSHOP: Katherine Straznickas, clinical staff, Stanford Health Services, presents *Partners, Lovers and Others,* noon, N 217. This presentation will examine what's healthy communication in a primary relationship, how to have quality time when quantity is not an option, and how to prioritize when everyone and everything is demanding attention. Free. Sponsored by Student Enrichment and Activities. Call 502-2442.

COLE HALL CINEMA: Millberry Programs & Services presents *The Game*, 5:45 & 7:45 p.m., Cole Hall. Rated R. Tickets can be purchased at the door only. Box office opens 1/2 hour before showtime. One discounted ticket per ID only. Cost $2 child (14 & under); $2.50 UCSF students/MU members; $3 UCSF staff/other students; and $3.50 general public. Call 476-6932.

13 Friday

WELLNESS LECTURE: Joseph Mitchell presents *Reflections on Health and Healing,* noon, HSW 300. Come hear a discussion of alternative thinking in the context of alternative medicine, from a psychosomatic and societal perspective. Sponsored by the Institute of Healing Arts & Sciences. Free. Call 584-4416.

JAZZ UNDER THE STARS: Enjoy a social for students, staff and faculty, 5:30-8:30 p.m., MU Golden Gate Room. Music by the Khalil Shaheed Band; refreshments provided. Sponsored by the Black Student Health Alliance. Call 476-4410.

COLE HALL CINEMA: See 2/12 listing. Showtimes are 6:30 & 8:30 p.m.

Crackdown on bicycle parking

By PAULA MURPHY

As Campus Police prepare to crack down on illegally parked bicycles, bicyclists bemoan the lack of parking options. Bikes tethered to rails in campus hallways and outside of buildings, and those latched to sign posts, parking meters and trees are fire and safety hazards, say the police, who will start enforcing regulations on the Parnassus campus on February 16, despite projections that additional racks won't be installed for at least two months.

In the meantime, illegally parked bicycles will be tagged with a warning notice stating that police will begin attaching the "boot" — a lock that can be removed only by campus police — and bicyclists will have to pay a fine of $20 to get their bikes back.

But some campus members believe enforcement should not begin until more bike racks are installed and question why the campus task force, set up months ago to address the bicycle parking issue, has not produced the additional racks.

"We've selected some sites and we're waiting for approval," said Jon Gledhill, director of parking and transportation services and a member of the task force. Possible sites include the library, dentistry building and Beckman Vision Center. More expensive options are being considered but may take longer to develop, such as bicycle parking adjacent to Health Sciences West, which might involve building a ramp. "We're also looking at moving the 16 racks at ACC to a more convenient location in the front of the building," he said.

Sarah Elliott

The proposal is now in the hands of the Urban Design Group, a multi-disciplinary committee recently formed on campus to review landscape and outdoor art issues, which has 30 days to make a decision. Gledhill said it will take an additional month to 45 days to order and install the racks. Campus Police still plan on booting bikes beginning February 16, however.

"We wanted to wait...but there are safety issues in some of the areas," said Lieutenant John Fox. "There's also a problem with people parking their bicycles in the Health Sciences towers and the state fire marshal has ordered the bikes to be removed." Fox said ample parking is available at ACC and in the cages on the Irving Street level of Millberry Union.

Although some of these locations might not be convenient for all bicyclists, Gledhill said the effort is to develop bike parking that is as "easy, convenient and safe" as possible. Proposed racks must comply with fire, safety and ADA regulations.

"Campus police are under the gun to clean up bikes on walkways because of the issue of disabled access," Gledhill said.

Parking and Transportation, Campus Planning and Campus Police are "looking at the areas with the most immediate need," Gledhill said. They are also considering installing bicycle lockers.

Limited bicycle parking is now available in the northwest corner of the ACC (Parnassus Avenue J-level) and in the A-level bicycle cage of the Millberry Garage, which requires a permit and key ($3 deposit) from Parking & Transportation, located on G-level of the garage.

Owners of booted bicycles must provide proof of ownership and/or proof of identification and pay a fine of $20. Booted bicycles will be locked at the illegal spot for 24 hours, and if not claimed within that time, will be impounded. Unclaimed bicycles will be stored for at least 90 days and then sold at a University auction.

Call the UCSF Police Crime Prevention Section at 476-8901 for information.

What's in a name...

The combined pediatric services of UCSF Stanford Health Care will be identified as Lucile Packard Children's Health Services. There will be two components of this organization: Lucile Packard Children's Health Services at UCSF and Lucile Packard Children's Health Services at Stanford.

"Using a common name across services will promote the unity that UCSF Stanford is working to achieve in aligning pediatric services to provide the best possible health care for children and their families," said Christopher Dawes, COO for Children's Health Services.

Lucile Salter Packard committed her life to the service of her community, with a special interest in the health of children. She and her husband, David Packard, provided an outstanding example through their support of children's health services and their leadership in many social and educational programs.

It is believed that using the Lucile Packard name will provide opportunities for even greater recognition as a world-class provider of children's health care. In addition, it is thought that the name will serve as an excellent platform for advocating on behalf of children's health issues with government agencies, community organizations and legislators.

CAMPUS BRIEFS

Workplace forum

The UCSF Staff Council and the Office of Affirmative Action, Equal Opportunity & Diversity will present a series of forums entitled, "Being Yourself in the Workplace." These forums, consisting mainly of open discussion, will be introduced and facilitated by Michael Adams and Sandra Avila, Director and Assistant Director of the Office of Affirmative Action, Equal Opportunity & Diversity, and Renate Valencia and Paul Riofski, chair and immediate past chair of the UCSF staff council. The next session will be held Feb. 13, noon-1 p.m. at Mission Center, followed by a Feb. 19 session at SFGH from noon-1 p.m. All are welcome to attend.

Health education for elderly

Two programs on sleeping problems and osteoporosis will be presented in the winter Community Health Education Series sponsored by the UCSF/Mount Zion Center on Aging, an affiliation of the Goldman Institute on Aging and UCSF.

"Counting Sheep: Conquering Sleeping Problems" is the subject of the first half-day workshop to be presented on February 14.

Complaints of poor sleep or excessive daytime sleepiness are common in older adults. The elderly may experience significant changes to their established sleep/wake patterns as a result of reductions in physical and social activity or retirement. They also have more medical illnesses that can disturb sleep. The goal of the workshop is to provide older adults with information that will enable them to better understand the nature of healthy sleep, the influences that may play a role in disturbing sleep patterns, and the strategies for preventing and correcting sleep problems.

The program will be presented by David Claman, director of the UCSF/Mount Zion Sleep Disorders Clinic, and Kimberly Trotter, sleep lab technician in the clinic.

A second program, "Osteoporosis: The Silent Thief — A Prescription for Prevention and Management," returns by popular demand on March 28. More women suffer from fractures related to osteoporosis than experience heart attack, breast cancer and gynecological cancers combined.

Presented by Steven Harris, director of the Osteoporosis Clinic and professor of medicine at UCSF, Christine Zampach, and Kathleen Bell, the workshop will focus on the latest information about osteoporosis prevention, treatment and research, and steps that women can take to achieve and maintain optimal bone health through nutrition and exercise.

The goal of the program is to present, free of charge, high-quality health promotion and disease prevention education to older adults and their families that will enable them to become informed consumers of health care who take a pro-active role in maintaining their own good health and well-being. The faculty is selected from leading academic, clinical and health policy experts and the programs are designed to bring to a lay audience the latest information on the most pressing health care issues that are a concern to seniors.

Both programs will be held in the auditorium of the UCSF Laurel Heights Conference Center, 3333 California St., San Francisco from 8:30 a.m. to 12:30 p.m. The programs are free, but pre-registration is required to obtain seating. Interested persons should call the Education Office at the UCSF/Mount Zion Center on Aging at 750-5342 for information and registration.

Graduate Internships

The Institute on Global Conflict and Cooperation, a UC multi-campus research unit, offers 10-week graduate summer internships in the summer of 1998. Applicants propose internships in Washington, D.C., with an organization involved in international affairs that can provide students with experience relevant to their academic and/or career objectives. UC master's and pre-dissertation level doctoral students are eligible. Interns receive a $3,000 stipend and $500 travel allowance. Departments nominate students, limited to one nomination per degree program. Nominations include a completed application form, vita, internship proposal, graduate school transcript and two letters of recommendation. Nominations are due February 10, 1998, to Campus programs Coordinator, Institute on Global Conflict and Cooperation, UCSD, 9500 Gilman Drive, La Jolla, CA 92093-0518.

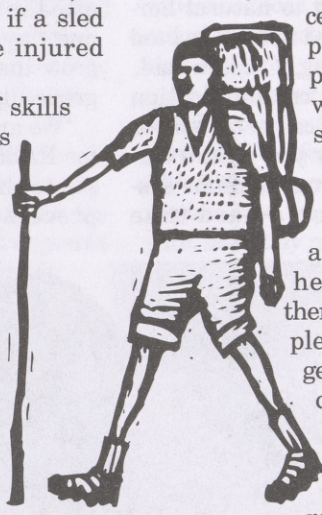
For applications contact Bettina Halvorsen, IGCC Campus Programs, at 619/534-7224; e-mail: bhalvorsen@ucsd.edu. The UCSF informational contact is Christie Kiefer, 476-7543.

First aid when far from the phone

By PAULA MURPHY

Here's the scenario: You and a group of friends are on a backcountry ski trip. Some are skiing ahead of the others. All of a sudden, you see your friends who had skied ahead of you lying down on the snow. You survey the landscape and discover that they tripped over a buried log. Some of the skiers look fine but others look like they're injured. What do you do?

"First you need to determine what happened and how severe it is," said Bobbie Foster, first aid coordinator for UCSF's Outdoors Unlimited. "Then you determine if people need to be splinted, if wounds need to be cleaned, or if a sled needs to be built to carry the injured skiers away."



Foster teaches these types of skills in the wilderness first aid classes offered by Outdoors Unlimited. In addition to Standard First Aid and CPR, Foster instructs pupils on how to clean a wound in the wilderness, how to move spinal injured patients and how to prevent hypothermia.

"Other than Outdoors Unlimited and the classes conducted by the Wilderness Medicine Institute, there's not much in the Bay Area," said Foster, adding that the classes have been offered for 12 years at UCSF. "We started the classes so our leaders on our trips and participants could have some needed first aid skills when involved in a wilderness adventure." Outdoors Unlimited offers a range of outings, including backpacking, whitewater rafting and snowboarding.

Wilderness first aid is offered as a 20-hour class, an 80-hour class, which involves a full weekend in the wilderness, and an all-day wilderness medicine seminar twice a year. The 20-hour course, called Wilderness Standard First Aid, will be held February 4, 7 and 8 and also April 20, 25 and 26. In the 80-hour course, participants do more hands-on training and spend a weekend in the Santa Cruz mountains. Red Cross Standard First Aid and Adult CPR certification are awarded upon successful completion of the course. Students who pass a take-home wilderness exam receive Outdoors Unlimited's Wilderness Standard First Aid certification. Both classes are offered at a discount for UCSF students, faculty and staff.

Involved with Outdoors Unlimited for 10 years, Foster said she became interested in wilderness first aid because she doesn't like to feel unprepared. Taking a course, like the ones offered at Outdoors Unlimited or by wilderness medicine organizations, Foster said, is important because of the misinformation out there. "There's an incredible amount of contradiction in books about what you're supposed to do in an emergency," she said. Foster has become a kind of resource center for wilderness first aid information over the years. "I love being a resource center for people because I personally believe that people who go out into the wilderness need to have some first aid training," she said.

Defining wilderness as being an hour or more away from "definitive health care," Foster says there are three major principles in dealing with emergency situations. "First, stay calm and safe. Second, have good leadership, clearly defined before the trip begins. Third, do really good patient assessment. You need to have a system with thorough questions so you have all the pieces of the puzzle and can make good decisions from the information there."

A major component of the wilderness first aid classes is scenarios, in which some participants act as victims, complete with make-up for bruises and wounds, and the others must figure out how to stabilize the situation. Although it can be stressful, it is the best way to learn, Foster said. "In my experience, a mistake made in scenario is one you'll never make again," she said. Students learn how to deal with emergencies, ranging from minor injuries, such as sprains and bruises, to life-threatening ailments, from spinal injuries to snake bites.

Foster said she's had students who took the class and ended up using their skills in both urban environments, such as automobile accidents, and wilderness settings, such as ski accidents. "It gives people confidence that they do have the skills and ability to approach the scene," she said.

Scientist urges broader, intensified look at gene therapy

By JENNIFER O'BRIEN

From his laboratory in the wood-sided Surge building high in the woods above Parnassus Avenue, Dieter Gruenert speaks with a sense of urgency.

He is explaining the work he and his colleagues are doing to refine a novel form of gene therapy he developed and reported in 1996.

The technique, called "small fragment homologous replacement," involves inserting a minuscule segment of DNA into certain lung cells to stimulate repair of the most common mutation in the gene that causes cystic fibrosis.

Gruenert, an associate professor of laboratory medicine and investigator at the Cardiovascular Research Institute, reported the study, conducted in lung epithelial cell cultures, in the October 1996 issue of Gene Therapy. He believes the procedure may help treat some of the millions of people with the disease in the future.

But Gruenert, the co-director of the National Institutes of Health-sponsored Gene Therapy Core Center at UCSF, isn't focused just on cystic fibrosis. He believes the therapy may also be used to treat numerous genetically based diseases. Nor is he focused strictly on his own novel approach. Gruenert wants to make gene therapy, in all its potential forms, work.

"Gene therapy definitely holds promise," said Gruenert, "but a lot more work needs to be done before it is a reality. And UCSF should be a key player in this movement."

A handwritten letter is tacked on a bulletin board outside of Gruenert's lab. "Thank you for the work you are doing on behalf of our children," it reads. "We are counting on you."

"Gene therapy" has rolled into the lay person's lexicon. And cystic fibrosis, the most prevalent lethal genetic disorder in Caucasians, is one of the most talked about, and principal targets of, therapeutic investigation.

But classic gene therapy for inherited disorders, which involves a much larger, more complex segment of DNA than Gruenert's approach, has not yet produced a cure for cystic fibrosis or any other inherited disorder. Moreover, while it does have potential as a treatment for cystic fibrosis, numerous concerns surround its use.

This is one reason, said Gruenert, that he is promoting investigations of alternative forms of gene therapy. His effort has gained momentum, as was evident in a symposium, entitled "Gene Therapy, The Next Generation," which Gruenert chaired and directed in October in Paris.

While scientists from leading academies around the world congregated, their numbers were still relatively small. "There are only a handful of labs in the world right now working on alternative forms of gene therapy," said Gruenert.

The goal of gene therapy for inherited disorders is to replace or correct defective genes. Mutated genes produce malfunctioning proteins, and it is these proteins that ultimately cause disease. In theory, a corrected gene will begin producing working protein.

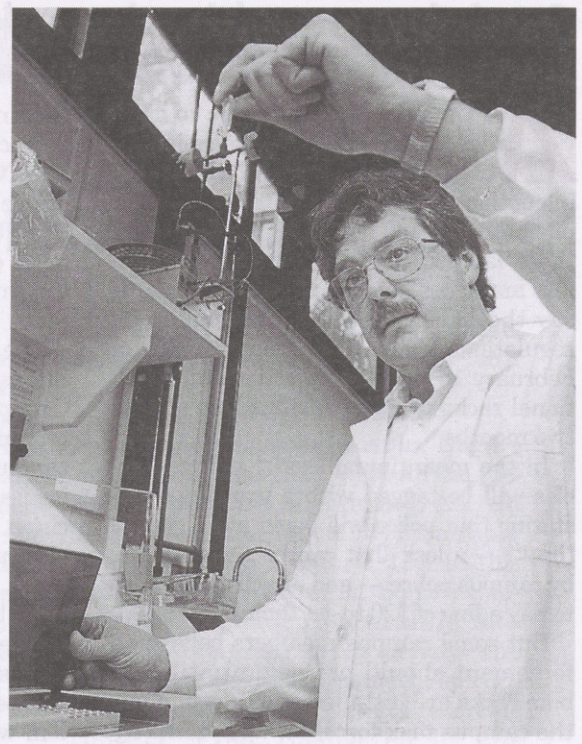
In patients with cystic fibrosis, a defective protein known as CFTR (cystic fibrosis transmembrance conductance regulator) is unable to control salt and water movement in lung epithelial cells. As a result, patients experience lung obstruction and infections, and typically die by age 30. Thus, gene therapy for cystic fibrosis focuses on correcting the mutated gene that spawns the defective CFTR protein.

Classical gene therapy takes a broad approach to this reengineering effort. An entire protein-encoding sequence of DNA, flanked with regulatory DNA from another gene or virus, is injected into a cell. The DNA sequence, known as complementary DNA, or cDNA, contains only the genetic elements directly involved in protein coding. The regulatory DNA fragments, known as "promoters" or "enhancers," are added to the sequence to help activate the DNA and ultimately produce the protein.

There is concern, however, that the regulatory elements, which operate independently of the cell's own control machinery, will disrupt cell metabolism. This could lead to altered levels of gene expression and alterations in the timing of gene expression.

These regulatory elements would likely

(See **Gruenert** on page 8)



Tom Wachs

Gruenert

RESEARCH ROUNDUP:

New strategy for controlling cell processes

Researchers at the Gladstone Institute of Cardiovascular Disease and colleagues have developed a class of hormone receptors that may offer a new approach to treating human disease. Scientists and physicians may someday be able to direct cells and organs in their patients to heal themselves by using genetically modified hormone receptors and common drugs.

"This is a first step toward developing a hormone system that we can use to communicate with genetically engineered tissues or cells," said Bruce Conklin, the principal investigator of the study. Conklin is a Gladstone investigator and a UCSF assistant professor of medicine and cellular and molecular pharmacology.

The study of cultured cells demonstrated that a specific type of naturally occurring hormone receptor on the surface of cells can be redesigned to serve a new function. "We found that the kappa opioid hormone receptor can be altered to ignore its usual task of binding to natural hormones and can be directed instead to bind with and respond to a drug," Conklin said.

"We are looking for a communication system, a way of telling a cell to turn off or on. For example, let's say you need a certain type of cell to help your immune system, but we are having a hard time delivering enough cells to cure you. We need to be able to 'talk' to those cells to tell them to divide and produce more cells, or to stop dividing when you have enough cells," Conklin said. "If we can give you a pill that contains a drug that will bind to the receptors to control the growth of the therapeutic cells, we will have better control of engineered cells and perhaps a better cure for the disease. In theory, this type of approach could be used on any kind of genetically engineered cells."

Tom Wachs

Conklin

The Gladstone researchers view the receptors on cells as mobile, molecular "switches" that may be manipulated for a variety of experimental and therapeutic purposes. In the study, published in the January 6 issue of the Proceedings of the National Academy of Sciences (PNAS), Conklin and his co-workers describe the creation of two new receptors called RASSLs (Receptor Activated Solely by a Synthetic Ligand), from the kappa opioid receptor, one of four opioid receptors that are normally found in the brain.

The kappa opioid receptor normally binds to an endogenous peptide ligand called dynorphin. The Gladstone team tested different mutant receptors to activate novel signaling pathways.

The new receptors no longer respond to dynorphin but do respond to spiradoline, a non-addictive pain medication. The researchers found that not only did the new receptors bind with spiradoline, but there was also a growth response to the drug. "We demonstrated that we could use the drug to activate the receptor and communicate to the cells to grow," said Conklin.

The researchers are particularly interested in controlling growth, since it may one day be possible to use a RASSL to grow therapeutic cells in a patient's body gradually.

"We are very excited about the potential for RASSLs. Our next step is to demonstrate that they can control physiological processes in a whole animal," said Conklin. Conklin's team has already begun expressing RASSLs in transgenic mice to control heart rate with initial results that look promising, he said. "RASSLs offer a new level of physiologic control in living animals that may result in new strategies for exploring and combating human diseases," Conklin said.

The Gladstone Institute of Cardiovascular Disease and the Gladstone Institute of Virology and Immunology, both located at San Francisco General Hospital, are supported by an endowment from the J. David Gladstone Institutes. J. David Gladstone was a prominent real estate developer whose will created a testamentary trust that reflects his long personal interest in medical research.

Conklin's co-authors are Peter Coward, Gladstone postdoctoral fellow; H. Gary Wada, and Sam D.H. Chan, Molecular Devices Corporation, Sunnyvale, Calif.; Matthew S. Falk, former Gladstone research assistant, medical student, Yale School of Medicine; Fan Meng, and Huda Akil, Mental Health Research Institute, University of Michigan, Ann Arbor, Mich.

—Alice Trinkl

New drug may reduce rejection of kidney transplants

A new transplant drug — the first to use humanized monoclonal antibodies to target and block the function of specific immune system cells — reduced the number of acute kidney rejection episodes by 37 percent, in a study reported in the January 15 New England Journal of Medicine.

One year after their transplants, 98 percent of the patients receiving the drug had survived and 95 percent of the transplanted kidneys continued to function. Among a comparison group receiving the same treatment except for the new drug, the patient survival rate was 96 percent and the kidney graft survival rate was 90 percent.

The drug works by targeting and blocking a specific region of immune system T-cells, preventing the cells from multiplying and attacking the transplanted kidney. Because the drug has been bioengineered to contain 90 percent human antibodies, it remains effective for much longer periods than previous generations of monoclonal antibodies produced with cells from mice.

"Instead of attacking all of the immune cells and making the patient susceptible to infections, this drug only targets the cells that have recognized the foreign graft and have started to react to it," said Flavio G. Vincenti, UCSF clinical professor of medicine in UCSF's Kidney Transplant Service.

The drug offers an important step forward in the ability to prevent organ rejection, Vincenti said. It is unique in several ways — the first to use humanized monoclonal antibodies, the first to act in a highly selective manner, and the first to reduce the risk of organ rejection without suppressing the patient's entire immune system.

"This drug is effective without shutting down the immune system and making the patient susceptible to infections and cancer," Vincenti said.

Developed by Protein Design Labs Inc., Mountain View, Calif., rights to the drug are licensed to F. Hoffmann-La Roche Ltd., Basel, Switzerland, and Hoffmann-La Roche Inc., Nutley, NJ. The drug, which recently received Food and Drug Administration approval, is sold under the trade name Zenapax.

Scientists at 18 research centers in North America and Europe conducted the study of the drug reported in the current NEJM. A total of 126 kidney transplant recipients received the new drug in addition to standard anti-rejection therapies — including cyclosporine, azathioprine, and prednisone. Results of their progress were compared to a group of 134 patients who received a placebo in addition to the standard therapies.

The new drug was administered intravenously within 24 hours before each transplant and at two, four, six, and eight weeks after the procedures. None of the patients reported significant side effects as a result of receiving the drug.

In addition to its use in kidney transplants, Zenapax is currently being evaluated for the prevention of rejection in other organs, as well as for the treatment of autoimmune diseases, Vincenti said.

One of the first fruits of biotechnology, monoclonal antibodies traditionally have been made by injecting mice with a target protein or infectious organism and then isolating and growing the cells that produce antibodies against the foreign substance. Though originally hailed as "magic bullets," antibodies derived from mice proved disappointing as drugs — in part because humans make antibodies of their own that neutralize these mouse proteins. As a consequence, mouse antibodies typically can be given only once, which is rarely enough to prevent or treat disease.

Humanized monoclonals attempt to solve that problem. Using computer modeling and genetic engineering, Protein Design Labs combined the binding site of a mouse antibody, the small part of the antibody that attaches to its target, with 90 percent of a human antibody.

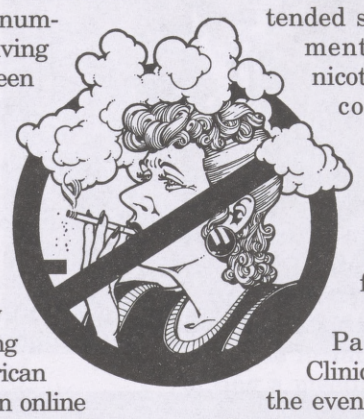
—Bill Gordon

New Year's resolution that's not a drag

By PAULA MURPHY

It's one of the most popular New Year's resolutions and one of the most difficult to keep. The decision to quit smoking cigarettes is entertained by many smokers every January, perhaps especially this year as Californians are all-but-banned from smoking inside public places.

"In January we get a whole lot of phone calls," said Gary Humfleet, assistant research psychologist in the department of psychiatry's Habit Abatement Clinic, which runs smoking treatment trials. "Quitting smoking is a big resolution." Humfleet believes the high number of calls the Clinic is receiving so far this year may have been triggered, in part, by the newly effective ban on smoking in bars.



Stop smoking programs often schedule their classes in January, strategically targeting those wannabe nonsmokers who use the new year as a motivation for ending their habit. In fact, the American Lung Association is offering an online smoking cessation program called Happy New Year Freedom from Smoking Clinic Program (www.lungusa.org/ndex.html).

"We scheduled treatments and trials around mid-January because people don't want to quit around the holidays," said Sharon Hall, professor of psychiatry.

As an alternative to stop smoking programs, eligible smokers can enroll in one of the studies at the Clinic. The mission of the Clinic is to develop and evaluate innovative strategies to help people quit smoking. "We are currently looking at the latest in terms of pharmacological and behavioral issues in helping smokers quit and stay quit," Humfleet said.

The Clinic is currently conducting two studies. One project is examining the effectiveness of two of the newest medications to be used in smoking cessation. Both medications are antidepressants and early studies have provided promising results. In this study medication treatment is combined with behavioral counseling, either individual or group. Treatment is for 12 weeks.

The second project is examining the effectiveness of brief versus extended smoking cessation treatment. This study combines nicotine gum and behavioral counseling. Brief treatment is for 12 weeks. The extended treatment arm of the study allows the smoker to participate in treatment for up to 52 weeks.

Located just off the Parnassus campus, the Clinic sees most participants in the evening. Treatment programs are free.

"We see people who have a great deal of difficulty," Hall said. "People come to the Clinic usually after trying to quit several times. If that doesn't work they come to the intensive therapy program."

Hall said success often depends on how dependent smokers are on nicotine and if they've tried to quit before. She said smokers have to be psychologically prepared to quit. "They have to convince themselves they're committed."

Smokers interested in enrolling in a study should call the Habit Abatement Clinic at 476-7453 for more information.

New tobacco industry strategy is to appear anti-tobacco, UCSF study concludes

The tobacco-industry has developed an elaborate strategy to craft, lobby and campaign for proposed pro-tobacco laws that masquerade as tobacco-control measures, according to a UCSF health policy researcher.

"The tobacco industry was nearly successful in tricking California voters into repealing their own tobacco control-laws, and in preventing enactment of the new statewide smoke-free bar law that just took effect on January 1," concludes Stanton A. Glantz, a professor of medicine at UCSF and senior author of a new case study of the California Uniform Tobacco Control Act, Proposition 188 on the 1994 statewide ballot.

Glantz, a UCSF faculty member with the Institute for Health Policy Studies and the division of cardiology, and co-authors Heather Macdonald and Stella Aguinaga, report their findings in the December issue of the American Journal of Public Health.

Proposition 188 was a tobacco-industry sponsored ballot initiative that went down to defeat in November 1994 after leading in polls for much of the campaign, and according to Glantz, despite an expenditure of $18 million by tobacco interests.

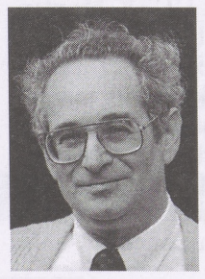
"The tobacco industry now is trying to convince Congress to pass a so-called global settlement of tobacco litigation. This is being presented as anti-smoking legislation, but actually it would be a bailout for the tobacco industry," Glantz said.

The new UCSF study indicates that nonprofit charitable foundations and public health advocacy groups can affect election outcomes through nonpartisan voter-education efforts and independent campaigns that clarify the content of ballot measures and reveal funding sources.

The Proposition 188 campaign was marked by novel strategies by both opponents and proponents of the measure, according to the case study. Tobacco industry giant Philip Morris sought to mask its sponsorship of the ballot measure and Proposition 188 was presented as a tobacco control initiative, but actually it would have invalidated existing local tobacco control measures and prevented enactment of new tobacco control measures, the research team concludes.

This strategy marked a departure from traditional tobacco-industry campaigns, which had focused on challenging the scientific evidence that secondhand smoke endangers health and is a leading preventable cause of premature death, according to Glantz.

Consistent with efforts to minimize their exposure as the supporters of Proposition 188, Philip Morris hired a consulting group to organize a front organization called Californians for Statewide Smoking Restrictions, the UCSF researchers report. The organization presented itself as a coalition of small business and restaurant owners and of concerned California citizens, despite the fact that their campaign was almost entirely funded by the tobacco industry. The case study indicates that the tobacco-industry campaign relied heavily on direct mail, on an often successful effort to avoid media coverage, and on lack of public awareness regarding the true nature of the ballot measure and of tobacco industry support for it.



Glantz

According to polls, Proposition 188 was far ahead in July, because the public thought it was an anti-tobacco measure, Glantz says. The initiative still faced an even chance of passage in September. But the American Cancer Society had earlier surveyed California voters and determined that they would be likely to vote against a ballot initiative if they knew it was supported by the tobacco industry. The tobacco industry had acquired similar information from their own survey research, Glantz noted.

In their subsequent efforts to defeat Proposition 188, anti-smoking groups — including the American Lung Association, the American Medical Association, the American Heart Association and Americans for Nonsmokers Rights — focused on making it clear to voters that the tobacco industry was behind Proposition 188, the UCSF study reports.

Tobacco-industry efforts to obscure the true nature of the ballot initiative augmented the importance of educational campaigns by non-partisan groups to clarify the measure for voters, Glantz said.

In this case, the California Wellness Foundation funded a major non-partisan educational campaign by the Public Media Center, a San Francisco public interest advertising agency. The Public Media Center created a public education campaign that took no position on Proposition 188. Instead, the education campaign highlighted important public information already printed in the official voter handbook and identified who was actually supporting and opposing the initiative, Glantz said.

On November 8, 1994, Proposition 188 failed, receiving the support of just 29 percent of California voters. Almost one-fifth of these supporters still believed that the initiative was an anti-smoking measure, the study notes.

—Jeffrey Norris

Women (from page 1)

force and a greater economic necessity for dual-income families, women are faced with even more options about child rearing, family and careers, Kaltreider said. Considerations include single parenting, working part-time, having a "house husband" or deciding not to have children. However, she adds that all "deviant" choices still carry considerable social stigma.

Kaltreider believes it is crucial for young women to have strong role models so that they have a support network and are informed about different lifestyle options. As one of four women in her class at Harvard Medical School, she says she came by default to appreciate the essential role of mentoring.

Kaltreider has a long-standing interest in women's issues, including clinical research on reproductive choices and the impact of life trauma. She has been instrumental at UCSF in developing a gender education curriculum, new clinical services for women, and support structures for women's career advancement. *Dilemmas of a Double Life: Women Balancing Careers and Relationships* is published by Jason Aronson Inc. (available in hardcover for $29.95).

Women's Health 2000

Kaltreider will discuss dual career relationships at an annual UCSF women's health education symposium for the public on Saturday, March 21, at the UCSF campus.

The special all-day event features two programs, Women's Health 2000 and Teen Health 2000, and is designed for women of all ages. For registration or program information on Women's Health 2000 or Teen Health 2000, please call 675-0177 or email wh2000@ricochet.net.

Epstein (from page 1)

bomb exploded when Epstein, home alone, pulled off the envelope's tab, blowing off the tips of three fingers and part of his right arm. He spent five weeks in the hospital and two months at home recovering from his injuries, which included hearing loss, before returning to work at UCSF.

A leading genetics researcher into such disorders as Down Syndrome and Alzheimer's disease, Epstein established the Medical Genetics Clinic at UCSF in 1967 and is currently co-chair with Ira Herskowitz of the newly formed program in human genetics. It is because of his work in this field that he was attacked, Epstein believes, but he said he'll never know exactly why Kaczynski chose him.

"I am symbolic of human genetics in the same way others were symbolic of computers," Epstein said. The Unabomber's manifesto, published in *The New York Times* and *The Washington Post* two years ago, "did echo fears others have expressed about genetics," Epstein said. "I read the manifesto very carefully to try to get insight into why I was a victim."

He said it was disconcerting that more people — those unlike Kaczynski, whom he described as being on the "lunatic fringe" — are expressing anti-technology and anti-genetics sentiments. "There's been an increasingly shrill voice in the public raising all kinds of fears about genetics and what it might do," he said.

Epstein believes scientists need to pay closer attention to how the public perceives science. "If you generate public expectation and then you don't fulfill it, their view of what science is all about becomes very distorted," he said. And with all the hype about human cloning, Epstein said scientists need to tread lightly because people become uneasy once the technology becomes closer to "creating humans," when fantasy starts becoming reality.

"As I kid I read Aldous Huxley's *Brave New World* and it was science fiction," Epstein said. "It's not science fiction any more."

Although his views on his profession may have changed somewhat, Epstein has maintained his commitment to genetics research. He was instrumental in creating the program on human genetics, which now gives UCSF an administrative core for its work in this field, making it a priority on campus. The program is slated to be in the first move to Mission Bay. "I think we're on our way to making UCSF a real center for human genetics," Epstein said.

Chris T. Anderson.

Epstein with Mahin Golabi and patient at UCSF's Medical Genetics Clinic in 1996.

Epstein said that the University has been "extremely supportive" not only of his work but also of his personal needs. "I got most of my hospitalization on the outside...and nonetheless they were still very supportive," Epstein joked. "I was allowed to come back at my own pace." The University made a "very big statement" of support by sponsoring a reward to find the Unabomber and his colleagues made a potentially difficult return easy. "I think people don't know how to react when you come back from an injury — whether to look at you or not quite look at you — but they handled it extremely well and made it very comfortable for me."

Although he said that he and his family "lived in fear" until the Unabomber was caught, Epstein also said the tragedy had a positive impact on his life. "It has taught me to take life as it comes," he said. "I'd like to think I'm better for it."

Epstein has lasting reminders of the attack. "I still look strangely at packages," he said. But his family, who surrounded him at the press conference and who attended the Unabomber hearings, say his spirit has survived unscathed. "The thing foremost in my mind is the courage and resilience of my husband," said his wife Lois, UCSF professor emeritus of pediatrics and a member of the Cancer Research Institute. "As much as I loved him before, I love him even more for that."

Martin Luther King Jr. awards ceremony a celebration and call to action

By ANDY EVANGELISTA

Daniel Lowenstein — who has won numerous awards from medical students — teaches his children well, too.

After accepting his UCSF Martin Luther King Jr. Award last Tuesday, he called his three young children to the front of Cole Hall and asked them to take a long careful look at those in the auditorium. "Look how different they appear on the outside. And yet all of the people here work together with a great deal of respect and pride, and in peace, to help make the world a better place by taking care of people who are sick," he said.

The jury may still be out on whether King's dream has become a reality, but last Tuesday's campus gathering of people from many walks of life offered some evidence that the last 30 years have been much more than a catnap.

The annual ceremony honoring selected campus members for promoting diversity and carrying out the ideals inspired by the late civil rights leader, not only acknowledged individual efforts, it celebrated the campus' diversity and teamwork in achieving gains against some of today's increasing long odds. It was also a call to step up efforts.

Stella Hsu, director of campus auxiliary services and one of the four King Award recipients, was recognized by Chancellor Haile Debas as a driving force while co-chairing the Chancellor's Steering Committee on Diversity for two years. That committee has paved the way for future actions toward increasing diversity. Hsu preferred to credit the as many as 100 people whose input may eventually reap future campus rewards and the committee which "exemplified diversity at its best."

Fourth-year medical students Kyra Bobinet and Jennifer Danek were recognized for helping incarcerated and at-risk youth in San Francisco and organizing a UCSF program at the city's youth guidance center. They dedicated their award to the many others who work with youth and the young men in jails and the streets who, too, have great dreams despite their great struggles.

At the ceremony, the UCSF Council of Minority Organizations (COMO) honored Chancellor Debas with its annual award to a campus executive who has demonstrated outstanding leadership in promoting diversity and advancing social and economic justice at UCSF. "He has faithfully walked the walk and not just talked the talk," said Ira Wilson-Butler, chair of the campus Black Caucus, who presented the award on behalf of COMO.

The spirit of the day was perhaps best summed up by Lowenstein, who was co-chair with Hsu of the Chancellor's Steering Committee on Diversity and has been an outspoken and passionate advocate for affirmative action.

> **"Affirmative action is not quotas... [it] is really the attitudes and behaviors that come from a state of mind."**
>
> –DANIEL LOWENSTEIN

"These are confusing times, and I have read about, and heard, many people question the place that affirmative action now has in our society," said Lowenstein. "I think that rather than end it, we should extend it. By extend, I mean that we, as a community, should live even more the true meaning of affirmative action, and show others, by example, how it is done.

"Affirmative action is not quotas, or the unfair displacement of people, or the compromise of excellence. Affirmative action is really the attitudes and behaviors that come from a state of mind. It is a consciousness that is aware of the fact that all of us are part of a long march that is taking us away from an era of human existence dominated by intolerance and prejudice and racism, and toward an era of understanding, and acceptance, and true freedom," he said.

Chris T. Anderson

Chris T. Anderson

Left: Daniel Lowenstein, faculty recipient of the MLK Award.

Below: Joining hands for the singing of "We Shall Overcome" are, from left, Abeba Wuhib, Sandra Avila, Mercedeh Baghai, Kyra Bobinet and Jennifer Danek.

MRI (from page 1)

The authors also note that because Alzheimer's patients in this study have not been followed to autopsy, "It is not absolutely certain that the patients had the disease." Data from patients with dementia from other causes was not included. It is also unclear from the study findings whether the reduction in hippocampal NAA found in Alzheimer's patients was caused solely by this disease, they said.

"In time, the MRI approach will lead to testing with two consequences. First, it will allow diagnosis for Alzheimer's to eliminate uncertainty to a high degree. Second, it will allow us to track neuron loss non-invasively," he said.

Alzheimer's is the third-leading cause of death among Americans, behind cancer and heart disease. Although it is incurable and irreversible, Vitamin E, indocin and post-menopausal estrogens have been suggested by others to slow progression or development of Alzheimer's.

Co-investigators of the study are Norbert Schuff, PhD; Diane Amend, PhD; Frank Ezekiel; Sean Steinman; Jody Tanabe, MD; David Norman, MD; Joel Kramer, MD; James Mastrianni, MD; and George Fein, PhD, all of the San Francisco Veterans Affairs Medical Center, and William Jagust, MD, of the Lawrence Berkeley Laboratory and University of California Davis.

The research was funded by the National Institutes for Health and the Department of Veterans Affairs.

Gruenert (from page 6)

initiate protein production in a cell that doesn't naturally make the protein, said Gruenert, possibly leading to a pathology even worse than the disease itself.

On the positive side, in clinical phase I trials of the traditional therapy, some cells have been successfully transfected with the new gene. But in many cases the expression has been transient or limited. And in genetic disorders ongoing expression is needed.

Gruenert and his colleagues have developed an approach for introducing gene sequence that is intended to avoid the potential problem of cell-inappropriate gene expression. In contrast to classical therapy, the technique is designed to target only the mutated portion of the gene's DNA.

The small fragment homologous DNA replacement strategy is made up of DNA that is almost identical, or "homologous," to the naturally occurring, but mutated, DNA.

The hope is that the cell's own control machinery will recognize small fragments of homologous DNA and, with this recognition, initiate enzymatic genetic engineering by removing the mutated gene and splicing the new, therapeutic DNA into place. The homologous segment targets the mutated portion of the gene by some as yet unknown enzymatic mechanism.

The theory is that the newly engineered gene will begin producing a working version of the salt-regulating protein CFTR — but only in cells where it is naturally expressed. "If we initiate repair in a cell that doesn't normally express the gene it won't make any difference," said Gruenert, "because what we do to the cell won't change the way the CFTR gene is expressed."

Preliminary studies indicate some success. As Gruenert reported last year, about one percent of the airway cells grown in lab cultures showed correction of the CFTR protein and restoration of normal salt regulation for up to three weeks. Cell culture evidence suggests that only six percent of the lung epithelial cells needs to be altered to change the ion transport characteristics to approach that of normal, said Gruenert.

If the same degree of correction can be obtained in human airways — and on a permanent basis — a few applications of this process could get the ion transport characteristics to approach normal levels, said Gruenert.

Another alternative form of gene therapy reported at the Paris symposium takes the opposite approach to genetic reengineering. In this case, parts of chromosomes, as opposed to mere fragments of DNA, are injected into cells. But the goal here is, again, to provide the cell's regulatory machinery with the genetic information that pertains to the mutated gene of interest.

The technique, said Gruenert, could be particularly appropriate for such diseases as Duchennes muscular dystrophy. Eighty percent of patients with the disease have very large DNA deletions.

Regardless, he said, "while these therapies may not be the complete answer, they are pointing in a particular direction and hopefully are causing people to reflect on other possibilities and potentially other means to solve the problem."

Such inquiry needs to be intensified at UCSF, Gruenert said. In fact, he says, the whole field of gene therapy research on campus could be galvanized by greater integration of different lines of investigation.

He wants to expand the Gene Therapy Core Center into a comprehensive core center that involves not only gene therapy of inherited diseases, but infectious diseases and cancer. The NIH-funded center currently supports a small group of scientists to look at gene therapy for cystic fibrosis, certain hematological disorders and inherited metabolic disorders.

"By utilizing the nucleus established by the NIH core center, and by integrating these currently disparate programs, we could make more progress," he said. "A comprehensive gene therapy program could provide the structure for a graduate program and a fellowship program, and could provide the mechanisms to establish a comprehensive core facility that would be available to a lot of different researchers in cross disciplines."

Gruenert said he envisions such a program as somewhat aligned and parallel with the human genetics program recently started by Charles Epstein, professor of pediatrics, and Ira Herskowitz, professor of biochemistry.

"Gene therapy is going to be one of the medicines of the 21st century. It is not necessarily going to be the answer to all diseases but it is going to be a type of medicine that an institution like UCSF should be involved with, and it should devote a certain amount of time, energy and money to make sure it is part of that effort," said Gruenert.

Regents (from page 1)

ment and Planning.

Regents' Chairperson Meredith Khachigian agrees. "There's no doubt in my mind that the conveyance of the land would not have happened without the assistance of the BALSA group," said Khachigian, but she questioned the extent of BALSA's role in the future. Burke stressed that under the proposed operating agreement, all significant planning and development decisions would require University approval and there would be full financial accountability to the University.

"We have no delusions whatsoever who's really in charge here," Burke said. "Anybody who reads [the agreement] will see that this entity can't do anything without the University's consent."

The agreement also stipulates that the partnership may be dissolved by either party. Regent Howard Leach expressed approval of this point. "It can work to the benefit of the University and the city and can be terminated at any time. I think it is a very effective arrangement."

Spaulding expects the proposal to be accepted by the Regents in March. Groundbreaking at Mission Bay is planned in less than a year.